

## ABSTRACT

The present invention is a personal hygiene device. Specifically, the invention is a back maintenance device comprised of a brush head attached to a variable length handle. The brush head is attached to at least one abrasive element. In an alternate embodiment, a second abrasive element is attached to the brush head. Abrasive elements include bristle and porous structures. The variable length handle is both extendible from and retractable into a storage cavity within the brush head. The variable length handle is telescoping. One embodiment consists of fixed length tubular members slidably disposed and extending to form a rigid handle structure. An alternate embodiment consists of a coiled member slidably disposed along its length and extending to form a rigid handle structure.